



SUGGESTED PACKING LIST

www.ThePines.org

Well-labeled clothing and items will help group members return home with all of their belongings. Sending a checklist will remind group members what to pack for the return home. As Texas weather is ever-changing, please pack according to weather predictions for the week. Horseback riding participants must wear long pants/jeans and close-toed shoes.

SUGGESTED ITEMS TO PACK:

- Changes of layered clothing (jeans, t-shirts, sweatpants, sweatshirts, shorts)
- Jacket
- Gloves
- Socks
- Underwear
- Pajamas/ Sleepwear
- Rain gear (poncho or large plastic bag)
- Cap/ Hat
- Two pairs of comfortable close-toed shoes (tennis shoes)
- Shower shoes (flip flops)
- Bath towel/ Wash cloth
- Sleeping bag/ Sheets and blanket
- Pillow
- Personal hygiene items (soap, shampoo, toothbrush, toothpaste, deodorant, etc.)
- Hair dryer
- Insect repellent
- Sunscreen
- Swimsuit/ Beach towel
- Laundry bag/ Plastic bags (for dirty or wet clothes and towels)
- Flashlight with batteries
- Water bottle
- Camera and film (disposable is recommended, please label with name)
- Pens/ Pencils
- Stamps and paper (to write letters home)

Please note that water bottles, disposable cameras, Pines apparel and souvenirs are available for purchase in the Camp Store.

Firearms, explosives, fireworks, alcohol, drugs, weapons and other dangerous materials are strictly prohibited. If prohibited items are discovered, involved parties will be required to leave the campsite immediately. The Pines is not responsible for lost, stolen or damaged items.

ST. RITA SCHOOL

MEDICATION REQUEST

PRESCRIPTION

Student Name _____ Homeroom _____

Date(s) To Be Administered _____

Name of Medication _____

Time To Be Administered _____

Dosage _____

Parent's Signature _____

Parent's Phone Number For All School Hours of the Day: Home _____

Office _____

Doctor's Name _____ Dr. Phone # _____

DIOCESE OF DALLAS SCHOOL HEALTH PROGRAM REGULATIONS

"Medication of any kind which includes aspirin, similar preparation, or any other drug may not be given except as provided below:

When a physician prescribes prescription medication that must be given during the school day, the parent should be instructed that such medication can be administered only when brought to the school in the pharmacist's container, labeled with the student's name, date, prescription number, prescribed dosage and physician's name."

All non-prescription medication must be provided by parents and must be accompanied by a physician's directive for medication, dosage and frequency of administration. For your convenience this may be faxed to the school at 972 934-0657.

MEDICATION MUST BE DELIVERED AND PICKED UP BY THE PARENTS!

Medication forms may be picked up from the clinic and are also available online in a downloadable form. Medication forms must be in the clinic before medication can be administered.

NOTE:

1. It is the student's responsibility to inform school personnel when it is time for his/her medication.
2. Any unused medication shall be destroyed one week after the prescribed dosage has been completed if not picked up directly by the parent.
3. Parent is responsible for advising the school of any change in the above.
4. No child may carry medication to and from school or in the classroom.

Charlene Silverstein RN
St. Rita School Nurse
972-239-2906

May 22, 2006